

1 Way Pitchers Can Decrease Shoulder and Elbow Stress

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A new study out of **The American Journal of Sports Medicine**:

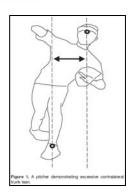
Effect of Excessive Contralateral Trunk Tilt on Pitching Biomechanics and Performance in High School Baseball Pitchers

found that when the upper body tilts more than 1 head's-width from the center line (see right picture):

Shoulder stress increased by 11.1%

Elbow stress increased by 11.4%

Leading them to conclude:



pitching with excessive contralateral trunk tilt may increase the pitcher's susceptibility to injuries.

<u>But...</u>it may not be the fault of a young pitcher if they do tilt as they may not have the strength to keep their head centered:

It is possible that excessive contralateral trunk tilt is a compensatory pattern adopted by pitchers who cannot produce trunk rotation because of previous injuries or weakness of the hip and abdominal musculature. If this is the case, per-

What is a simple rule to follow?

As I wrote in a previous newsletter: Keep Your Eyes Level At Release Point:



Have A Question About this Newsletter? Email (<u>PitchingDoc@msn.com</u>) or call (631-352-7654) Dr. Arnold!

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